

A Descriptive Study to Assess the Knowledge on Fast Food Eating among Adults in Selected Urban Community Kanchipuram District Tamil Nadu

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Abstract

The fast food industry had its beginning around the mid-twentieth centuries and it grew tremendously during the last three decades of the twentieth century. The fast-food eating cause heart disease high blood pressure and diabetes mellitus and high risk of health problem such as obesity. The objectives of the study is to assess the knowledge level on fast food eating among adults and to find out the association between the knowledge and demographic variables of adults. A purposive sampling technique is used to collect data from the sample. The samples size was 50 adults at selected urban community. The knowledge level was assisted by self structured questionnaire. The result shows 1(2%) of sample had inadequate knowledge, 18(36%) of sample had moderately adequate knowledge 31(62%) of sample had adequate knowledge regarding fast food eating. There was a significant association between the knowledge and age of adult and there is no significant association between the other demographic variables like gender, income, education, resident and number of times eating fast food per week.

Key Words: Assess, Knowledge, Fast food , Adult.

Introduction

Fast food has appeared in the world during ancient Rome age, Indian introduced dahi vad, vadapav, and panipuri. Fast food is which is easily processed food served in snack bars and restaurant as a quick meal or to be taken away. Fast food are characterized as quickly easily accessible and cheap alternatives to home cooked and meals they also tend to be in high in Saturated fat sugar salt and calories. Fast food outlets a number of which offers drive through service fulfill a need for today's often over-scheduled society. The fast food industry had its beginning around the mid-twentieth century, and it grew tremendously during the last three decades of the twentieth century.³

The fast food eating causes heart disease high blood pressure and diabetes mellitus. You elevate your risk of health problem such as obesity whenever you eat fast food meals according to a 2007 article in “**The New York Time Health Guide**” People find it convenient to eat such as food items which please the taste buds more than regular food. They contain no nutritional value and are extremely unhealthy but still fast food items are popular as people find fast food items are popular as people find it hassle free to prepare and consume. Adults and children nowadays eat fast food without its effects on the body and general health, therefore we shall realize the nutritional value of what we eat in order to understand whether we need it or not.⁴

About junk food discussing of its, reasons of rapid spread all around the world, its harmful effects, and the possible solution for that problem. There are many examples of junk food such as pizza, French Fries, Burgers, Hotdogs, Fried food, candy, ice cream, and soda pop. Others kinds of junk food are just like the imitation juice that you find nowadays in most of the markets, and so little of the pure natural juice.⁷

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Advantages of fast food is that it can save money, save time and when it comes to disadvantages he quality of fast food is low, more fattening. When fast food enters our body it will lead to fatigue, constipation, bloating, increase in obesity risk but you will be starving, and increase in cancer, heart and liver diseases risk, your memory and cognitive functions will decline, skin will start deteriorate, kidneys and stomach will suffer more, Teeth will start decaying, blood sugar and cholesterol increases, mental health may be affected. ⁶

Need for the Study

Fast food is an affordable and convenient way to fill stomach when on the urge. Although people won't feel guilty for an occasional indulgence, regularly eating fast food can seriously damage health. Coupled with low nutritional value, the high fat, calorie and sodium content of these foods can lead to a variety of health problems. With statistical associations to weight gain, obesity, diabetes, cardiovascular conditions and all-cause mortality.¹

A study was conducted in Srinagar, Jammu & Kashmir aimed to enhance the knowledge of adolescents regarding effects of junk foods on health and in turn to reduce the incidence of consumption of junk foods by adopting healthier eating habits. A pre-experimental study was conducted using one group pre-test post-test design. The findings of the study revealed that knowledge level of adolescents regarding effects of junk foods is inadequate and there is a great need to improve this knowledge. In pre-test knowledge score 47(59%), were having inadequate knowledge, 33(41%) were having moderately adequate knowledge and no one was reported to have highly adequate knowledge about effects of junk foods on health. ²

Women who are more fast food and less fresh fruits took longer to conceive. Fast food may affect fertility because of its high saturated fat content. Women who eat more fast food spend longer trying to get pregnant, while those who eat more fruit conceive more quickly, It's one more finding adding to evidence that a healthy diet can help make people more fertile.⁵

Methodology

Research Approach

Quantitative descriptive approach was used for the study. The present study was conducted to assess the

knowledge on fast food eating among adult at selected urban community, Kanchipuram District, Tamil Nadu .

Research Design

Non-experimental descriptive research design was used.

Research Setting

The study was conducted in a urban community, karapakkam

Population

The populations of the study to assess the knowledge on fast food eating among adults

25-50 years of age residing in selected community area, Kanchipuram district, Tamil Nadu

Sample Size

The sample size used was 50 adults residing at karapakkam.

Sampling Technique

Non randomized purposive sampling technique was used for the present study.

Sampling Criteria

A) Inclusion criteria

- o Adult age between 25-50 year of age
- o Adult who are present at the time of data collection
- o Adult who can understand Tamil or English

B) Exclusion criteria

Adult who are not present at the time of data collection

Development and Description of the Tool

The tool was developed by the researchers on reviewing literature and in consultations with medical and nursing experts in the field of community medicine and nursing.

Description of the Tool

The tool consist of two sections

Section-A: Demographic variables like age, gender, occupation, income, education, residence and number of times eating fast food.

Section-B: Modified questionnaire to assess the level of knowledge of fast food eating among adults

Tools consist of 15 questions with choices regarding fast food eating where correct answer is given 1 score and the others are given 0 score

Method of Data Collection:

The data was collected by using self-structured questionnaire a method.

Statistical Analysis

The descriptive statistics mean, percentage is used to assess the knowledge on fast food eating among adults. Chi square was used to find out the association between the adults knowledge and demographic variables.

Results and Discussion

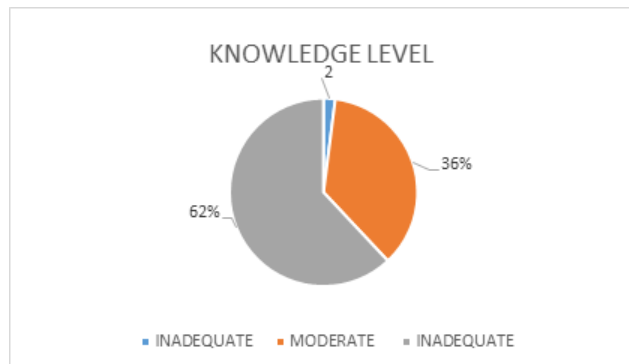


Fig 1:Percentage Distribution of population based on level of knowledge.

According to the level of knowledge on fast-food eating 1(2%) of population were having inadequate knowledge 18(36%) of population were having moderate knowledge and 31(62%) of population were having adequate knowledge.

The study finding revealed that the

- **Age:** majority (56%) were in the age between 25-33 years, (30%) of them between 34-44 years and (14%) of them between 45-50 years.
- **Gender:** majority of 27(54%) were belongs to male and 23(46%) of the female.
- **Monthly income:** majority (46%) were earning above Rs.10,000, (40%) of them were earning

Rs.5000-10,000 (15%) of them were earning below Rs.5000

- **Educational qualification:** majority (36%) were graduates, (28%) have completed their higher education (20%) of them have completed secondary education (8%) have completed their primary education education and (8%) of them are illiterate.
- **Resident:** majority 84% of them stay in house,12% stay in hostel and other 4% stay as paying guest
- **No of times eating fast food per month:** majority 50% eat 3-4 times,24% 1-2 times and 18% eat more than 5 times and 8% never eat.

Conclusion

We have conducted a research topic on a Descriptive Study to Assess the knowledge on fast food eating among adults in a selected urban community , Kelambakkam, Kanchipuram district, Tamil Nadu, India.

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